



**Gate River Run**  
**USATF 15K National Championship**  
Jacksonville, FL  
March 20, 2021

**Health and Safety Guidelines**

# **2021 Gate River Run USATF 15K National Championship Health and Safety Guidelines**

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# **2021 Gate River Run USATF 15K National Championship COVID-19 Health and Safety Guidelines**

## **Section 1: Overview**

The health and safety of the athletes, staff and volunteers associated with the Gate River Run is our utmost priority. In light of the rapidly-changing nature of public health policies caused by COVID-19, we have prepared and put in place a spectrum of COVID-19 safety protocols and options to ensure the safest possible environment is established for the event and its participants.

To adapt to this 'new normal', we have COVID-19 safety protocols in place that will be applied to the event, including but not limited to; COVID-19 testing, social distancing criteria, extra sanitization, sufficient supply of disposable gloves, face masks, hand sanitizer, and confirmation of strict hygiene levels at all venues that are part of the event.

### **Event Cancellation:**

Our top responsibility is protecting the safety and health of all runners, volunteers, staff, and the host community. Cancellation criteria for the event will be based on guidelines from state and local health officials that align with the community disease transmission risk stratification level. The final decision on event status will be made by the event Race Director in conjunction with local health officials.

### **Current COVID-19 Situation Monitoring:**

We are monitoring the current reports on COVID-19 and are aware of the latest guidance provided by WHO, CDC and the local case data. We will continue to monitor this data and review the latest guidance through the final date of the event.

### **Communications / Announcements and Updates:**

Local health policies can change quickly, meaning we may be required to modify or cancel the event at the last minute. It is our intention is to provide athletes/runners, coaches and agents with notice of any changes as soon as is practical. These notifications will be emailed to registered elite athletes, coaches and agents and will also be clearly posted on the event web page as well as the USATF website associated with the 15K National Championship.

## **Section 2: COVID-19 Screening / Testing**

- Testing and screening will be required for all elite athletes
- Testing and screening will be required for anyone that will have any close contact with the elite athletes, including but not limited to all event staff, volunteers, coaches, agents, media...etc
- Screening of event participants will be based on the USOC Infection Transmission Risk Stratification level at the time of the event.
- Risk Stratification level is currently categorized as Level 1 – Low Risk

### **Level 1 - Low Risk - Screening Criteria:**

- On-site Survey: All elite athletes will be required to complete an on-site survey (via self-reporting) to confirm the following:
  - No signs or symptoms of COVID-19 in the past 7 days (OR at least 7 days from onset of any COVID-19 infection signs or symptoms AND at least 72 hours since signs / symptoms have resolved)
  - No close sustained contact with anyone who is sick within 14 days of the event
  - No travel within 14 days of the event to an international location with widespread ongoing COVID-19 transmission as determined by the CDC [COVID-19 Travel Recommendations by Location](#)
  - Cruise ship and river boat travel prohibited within 14 days of the event
- Athletes / competitors with a documented case of COVID-19 must provide written letter from physician indicating they are clear to compete
- Temperature Screening – All elite athletes will have multiple temperature checks throughout race weekend confirming temperature at or below 100.4 F (38.0 C)
  - Upon arrival at the airport and or host hotel
  - As part of the elite athlete check-in process at the host hotel
  - Race morning - prior to departure for the race venue and or prior to entry into the elite staging area
- Face Coverings: All entrants to race venue must wear a face covering / mask at all times, except for athletes warming up or competing

- **In addition to the above Level 1 criteria**, a negative COVID-19 test will also be required for all elite athletes participating in the event
- A negative COVID-19 test must meet one of two options below:
  - Option 1 (preferred) - One negative COVID-19 PCR test performed within 7 days of the event.
  - Option 2 – One negative COVID-19 antigen test, performed within 7 days of the event, if all the criteria below are met:
    - Both the county of residence of the athlete AND the county of the event have a state government reported COVID-19 positivity rate in each of the last two weeks of < 5% AND
    - The athlete is asymptomatic AND
    - The athlete has not had exposure to a person with confirmed COVID-19 in the last 14 days
- If all three of the criteria above for Option #2 are not met, then the participant must use Option #1 to meet the negative COVID-19 test criterion.
- Local COVID-19 rapid testing will be available for any participant that fails a screening while in Jacksonville for the event.
- Any individual who fails a screening and tests positive for COVID-19 or is contact traced due to interaction with a person that has tested positive for COVID-19, will not be allowed under any circumstances to participate in the event and will be quarantined per USATF and CDC guidelines.
- Individuals who develop symptoms upon returning to their home city should notify the Elite Coordinator and contact their public health authorities about their potential exposure
- Elite athlete temperature checks and survey results will be recorded

## **Section 3: COVID-19 Mitigation Plan / Preventive Measures**

- COVID-19 Key Mitigation Criteria / Prevention Measures – Individuals
  - Wear a face covering / mask over nose and mouth
  - Utilize Social distancing – 6ft
  - Avoid crowds and close contact
  - Wash hands often
  - Cover coughs & sneezes
  - Avoid touching eyes, nose and mouth
  - Monitor your health
  - Stay at home and isolate if you are sick
  
- Distribute individual prevention packages for elite athletes containing:
  - Small personal packages of disposable tissues
  - Medical mask
  - Small packages of an alcohol-based hand wipes
  - Hand sanitizer
  
- Provide screening of individuals as defined in Section 2
  
- COVID-19 Key Mitigation Steps / Prevention Measures – Race Venue
  - Social distance race venue
  - Enter / exit plan – regulating flow and density
  - Masks required at all times while at race venue
  - Stock area with hand washing stations, hand sanitizer and masks
  - Utilize recommending social distancing and mask wearing
  - Ensure regular and thorough cleaning and disinfection of the venue
  
- COVID-19 Key Mitigation Steps / Prevention Measures – Race Format
  - The event format has been altered to support COVID-19 mitigation.
  - 50% reduction in open field size
  - Multiple-wave start utilized
  - Elite championship race separated from the open race
  - Socially distanced elite starting grid
  - Finish line venue expanded to prevent crowding
  - All pre- and post-race gatherings have been eliminated
  - There will be no awards ceremony or post-race celebration
  - Credential only those required to successfully and safely execute the event
  
- Food and Beverage Plan
  - All participants are responsible for supplying their own food and drink throughout race weekend
  - Sealed bottled water will be available

## **Section 4: Plan for Monitoring / Dealing with Illness**

Procedures for dealing with failed screenings or signs of illness:

- Any failed screening or signs of illness - Contact elite coordinator:  
Jim Van Cleave (904) 607-6946 and or the onsite medical staff
- If medical emergency contact 911
- A failed screening or illness requires immediate separation of the individual and removal from race venue.
  - Isolate PUI (Person Under Investigation) and safely transport to an established medical isolation area at the venue or host hotel
  - Re-test PUI of failed screening
  - Seek local medical attention as necessary
- Race venue medical attention
  - Event medical will be responsible for Tier 1 (essential) participants
  - Tier 2&3 (Preferred & Non-essential) participants will be required to seek care from a local medical contact in accordance with local health department guidance.
- Gate River Run COVID-19 Medical Director / On Site Medical Staff
  - David J. Skarupa, MD - Associate Chief Medical Officer, UF Health  
904-233-6525  
David.Skarupa@jax.ufl.edu
  - Tony Hayes, MSN, RN, EMT-P, FP-C  
904-244-4548  
tony.hayes@jax.ufl.edu
- Obtain COVID-19 rapid test of the PUI if necessary
  - Maintain isolation for positive COVID result
- Initiate contact tracing and notifications if necessary
  - Quarantine required for those possibly exposed
- Definitions:
  - Quarantine – required if exposed to virus
    - 14 days standard
    - 10 days – no test / no symptoms
    - 7 days – test negative / no symptoms
  - Isolation – required if infected with virus

## **Section 5: COVID-19 Public Health Education Information**

Prior to the event, everyone involved will be sent the following documents:

- Health and Safety Guidelines - includes the COVID-19 Mitigation Plan and Testing Protocols as well as other key safety information about the event.
- Elite Athlete COVID-19 Protocols – outlines the screening and testing protocols required for participation in the elite race.

The following COVID-19 educational material is provided to inform, educate and set expectations for all individuals and parties involved with the event.

### **Appendix 1: CDC Infection Prevention Measures**

### **Appendix 2: COVID-19 Symptoms**

- Links to COVID-19 CDC Guidance:
  - People and Groups at Increased Risk
  - Symptoms of COVID-19
  - Instruction for Self-Screening
  - How COVID-19 Spreads
  - How to Protect Yourself and Others
  - Social Distancing



## **Section 6: Distribution of a Statement of Potential Risks**

A Statement of Potential Risk is for all elite athletes, coaches, and race staff.

Although the young and healthy tend to have less severe cases of COVID-19, every case of this disease is potentially life-altering or deadly in any age group, but particularly so in individuals with select risk factors - such as asthma, hypertension, diabetes, liver disease, kidney disease, immune suppression, neurologic disorders affecting respiration, or individuals of advanced age. Until a vaccine is fully distributed, long-term immunity can be confirmed, or a cure is found, there is no way of completely eliminating the risk of an infection that can have a life-altering or a fatal result.

### **Understand how COVID-19 spreads:**

SARS-CoV-2, the virus that causes COVID-19, is thought to be mostly spread by respiratory droplets released when people talk, cough, or sneeze. It is thought that the virus may also spread to hands from a contaminated surface and then to the nose, mouth or eyes, causing infection. Therefore, personal prevention practices (such as handwashing, staying home when sick, maintaining 6 feet of distance, and wearing a mask) and environmental prevention practices (such as cleaning and disinfection) are important ways to prevent the virus's spread.

This should always be in the forefront when considering a return to communal training traveling or participating in any mass gathering.

There are three key risks to consider, all of which can increase ones risk of contracting COVID-19 and or spreading the virus despite safety protocol efforts and restrictions that have been implemented.

### **1 - Training Risks**

Risks levels associated with resuming training in a communal environment can increase your chance of spreading and or contracting COVID-19.

Take appropriate precautions to reduce exposure risks:

- Encourage behaviors that reduce the spread
- Social distance / limit interaction
- Wear a mask
- Sanitize or wash hands frequently

## 2 - Travel Risks

Travel can increase your risk / chance of spreading and contracting COVID-19

Be aware of your home and destination requirements or restrictions for travel.

**Check state and local requirements** before you travel.

e.g. if there is a local breakout, athletes could be required to quarantine up to 14 days

If you do decide to travel, be sure to take these steps during your trip to protect yourself and others from COVID-19:

- Check travel restrictions before you go.
- Consider getting a flu shot before you travel.
- Bring extra supplies, such as masks and hand sanitizer.
- Know when to delay your travel. Do not travel if you are sick.
- Wear a mask to keep your nose and mouth covered when in public.
- Avoid close contact by staying at least 6 feet apart.
- Wash your hands often or use hand sanitizer.
- Avoid contact with anyone who is sick.
- Avoid touching your eyes, nose, and mouth.

After travel:

- Consider getting tested with a viral test 3–5 days after your trip.
- Reduce non-essential activities for a full 7 days after travel, even if your test is negative.
- If you don't get tested, consider reducing non-essential activities for 10 days.
- **If your test is positive**, isolate yourself to protect others from getting infected and notify the Gate River Run Elite Coordinator:  
Jim Van Cleave  
(904) 607-6946  
jim@gate-riverrun.com

## 3 - Mass Gathering Risks

COVID-19 Infection risk levels increase when participating in a mass gathering event, even with safeguards and restrictions in place.

Follow the above COVID-19 CDC Guidance in the COVID-19 Public Health Education Information Section to reduce your risk of exposure.